

Four Objectives of the National Defence and Security Council

- 1. To steadfastly strive for emergence of political forces and the people’s representatives who can implement a genuine, disciplined multi-party democratic system while constantly emphasizing on the national interests of the State.
- 2. To persistently strive for promoting the socio-economic life of the people through the development of agro-based industries in improving the agricultural sector; the vital foundation of the economic growth of the State.
- 3. To put emphasis on enhancing the national education and health sectors for sustainable development of the State.
- 4. To implement multi-party democratic system, with the participation of the people, to ensure the success of multi-party democratic general election process and successfully moving towards with the multi-party democratic system aspired by the entire people.

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The Invisible
Boundary of
Existence

By Min Zan

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Mandalay pagodas crowded with merit-makers on Thadingyut Full Moon Day

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Yangon's Yegyaw Thadingyut Festival draws massive crowds



A DEMU express train is seen on its way back to Yangon from Nay Pyi Taw.

DEMU express service to extend to
Yangon-Nay Pyi Taw route

DEMU carriages, introduced on the Yangon-Nay Pyi Taw route on 28 February, have become popular among passengers for their comfort and punctual service.



This photo shows the interior seating of a DEMU train coach.

THE extension of the DEMU express train will be launched for the Yangon-Nay Pyi Taw railway on 9 October, according to Myanma Railways.

The DEMU express will depart from the Yangon Central Railway Station at noon and arrive at the Nay Pyi Taw Central Railway Station at 5:30 pm, and depart from Nay Pyi Taw at 6 am and arrive back in Yangon at 11:30 am. The Yangon-Nay Pyi Taw-Yangon schedule will be run by two DEMU trains: the

train that departs from Yangon is the No 31 Up-train and the No 7 Up-train, while the train that departs from Nay Pyi Taw is the No 32 Down-train and the No 8 Down-train.

Ticket fees remain unchanged – K19,000 for first class and K28,000 for upper class.

DEMU carriages were launched for the Yangon-Nay Pyi Taw train travel on 28 February. DEMU trains draw many passengers due to their comfortable ride and being right on time. — Htun Htun/ZS

NATIONAL



2025 MULTIPARTY DEMOCRACY GENERAL ELECTION

- Domestic election observers who wish to monitor the multiparty democratic general election, which will begin in phases on 28 December 2025, may apply for election observation permits at the Union Election Commission (UEC), as well as the relevant Region/State, District, and Township Election Subcommissions from today until 5 December 2025.
- The Union Election Commission announced on 16 September 2025 that domestic election observers must follow the Code of Conduct for Observers, issued under Notification 68/2025, and adhere to the procedures set out for their observation activities under Notification 69/2025. These notifications are available for viewing and can be downloaded from the Union Election Commission’s official website <https://www.uec.gov.mm>.
- The Union Election Commission has also announced that international election observers will be allowed to monitor the multiparty democratic general election. Invitations will be extended directly to representatives of relevant countries and international organizations. In addition, through the Ministry of Foreign Affairs, invitations will be sent to representatives of foreign embassies, consulates, and permanent missions that maintain diplomatic relations with the Government of the Republic of the Union of Myanmar.

Union Election Commission

2025
General Election
Sunday, 28 December 2025

82

Days

- Let us encourage production for prosperity of the Nation.
- Let us ensure education sector for the development of the Nation.
- Let us protect our environment for the prosperity of the Nation.

Objectives of 26th Traditional Myanmar Cultural Performing Arts Competitions 2025

- To explore, preserve, and enhance Myanmar’s national prestige, integrity, and distinctive cultural heritage.
- To promote and exemplify the spirit of national solidarity and unity through Myanmar art.
- To transmit traditional performing arts to the younger generation.
- To function as a national cultural and artistic institution contributing to the State’s socio-economic development.

Tropical Storm “MATMO” News, No 7, 2025

Issued at 4 pm MST on 6 October 2025

ACCORDING to the observations at 3:30 pm MST today, the tropical storm “MATMO” crossed the interior part of Guangxi and the boundary areas of northern Vietnam have moved westwards and continue to cross the northern part of Vietnam. It is likely to move west-northwestwards and cross over northern Vietnam and the boundary areas of Yunnan, China, downgraded into a Land Depression tonight and may cross over Yunnan, China. — DMH

Weather Myanmar Daily Weather Report

(Issued at 7 pm Sunday 6 October 2025)

BAY INFERENCE: Monsoon is weak to moderate over the Andaman Sea and Bay of Bengal.

SPECIAL FEATURES: According to the observations at 5:30 pm MST today, the tropical storm “MATMO” crossed northern parts of Vietnam has moved west-northwestward and continued to cross. It is likely to move West-northwestwards and cross over northern Vietnam and boundary areas of Yunnan, China downgraded into a Land Depression tonight and may cross over Yunnan, China.

FORECAST VALID UNTIL NOON OF 7 October 2025: Rain or thundershowers will be isolated in Lower Sagaing Regions and northern Shan State, scattered in Mandalay, Magway, and Upper Sagaing Regions and Kachin, Chin, Rakhine States and fairly widespread in Nay Pyi Taw, Yangon, Bago, and Regions, Kayah State and widespread in the remaining Regions and States with likelihood of isolated heavy falls in Magway Region and eastern Shan State. The degree of certainty is 100 per cent.

THE CONDITION OF CUMULONIMBUS CLOUD: The cumulonimbus clouds are developing Nay Pyi Taw, Yangon, Bago, Mandalay, Bago, Magway, Upper Sagaing, and Ayeyawady Regions and Chin, Mon, Rakhine and Eastern States. The area along the cumulonimbus clouds movement, the weather phenomena such as strong winds accompanied with rain, thunder, lightning and hail may occur and therefore it is recommended to be aware in advance of these phenomena.

STATE OF THE SEA: Sea will be moderate in Myanmar waters. Wave height will be about 6-8 feet off and along the Myanmar Coasts.

OUTLOOK FOR SUBSEQUENT TWO DAYS: Likelihood of increase of rain in Shan State.

FORECAST FOR NAY PYI TAW AND NEIGHBOURING AREA FOR 7 October 2025: Isolated rain or thundershowers. The degree of certainty is 100 per cent.

FORECAST FOR YANGON AND NEIGHBOURING AREA FOR 7 October 2025: Isolated rain or thundershowers. The degree of certainty is 100 per cent.

FORECAST FOR MANDALAY AND NEIGHBOURING AREA FOR 7 October 2025: Isolated rain or thundershowers. The degree of certainty is 100 per cent. — DMH

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NATIONAL

Residents Urged to Prioritize Public Safety Amid Armed Terrorist Threats

ARMED terrorists have been launching attacks by using residential homes and administrative buildings in towns and villages as cover, where they have forcibly settled. They aim to shield themselves from Tatmadaw counterattacks while also persuading temporarily displaced persons to return to their native areas and recruiting new members. That enables terrorists to use civilians as human shields. Tatmadaw is committed to safeguarding the sovereignty of the State and will respond to these threats based on intelligence and prevailing conditions. Therefore, residents in areas where terrorists have taken control must prioritize their safety and protect themselves from being exploited by these groups.

(An excerpt from guidance given by Chairman of the State Administration Council, Prime Minister Senior General Min Aung Hlaing to Shan State cabinet members and state-level departmental officials on 3 September 2024)

Nay Pyi Taw pagodas alive with devotees for Thadingyut Full Moon Day

ON the occasion of the Thadingyut Full Moon Day (Abhidhamma Day) yesterday, Buddhist devotees across the country engaged in various religious activities at pagodas and stupas. Offerings of alms, flowers, water, and oil lamps were made in reverence, accompanied by the observance of Sila (precepts) and meditation.

In the Nay Pyi Taw Union Territory, prominent pagodas and stupas saw large gatherings of worshippers observing traditional Buddhist customs. The day's events included offerings at Letloktaung, Shwenanthwin Pagoda, Shwelwantaung Pagoda, Nayyaungpya Inn Pagoda, and other notable pagodas across Dekkhinathiri, Lewe, Pynmana, and Ottarathiri townships. Devotees performed acts of merit-making by offering flowers, water, and oil lamps in devotion to the Lord Buddha and by observing the Eight Precepts.

In the evening, a grand ceremony was held at the Buddha Park in Dekkhinathiri Township, featuring the lighting of 9,000 oil lamps in homage to the Maravi-jaya Buddha Image, one of the most revered and tallest Buddha images in the country. The event, organized by the Nay Pyi Taw Council, attracted a large number of devotees. Hot-air balloons

were also released as part of the celebration.

Similarly, special ceremonies took place at Uppatasanti Pagoda in the morning, drawing

a significant turnout of devotees from Nay Pyi Taw and neighbouring areas. These ceremonies also included the lighting of oil lamps in the evening as an act

of devotion.

Elsewhere in Nay Pyi Taw, popular venues such as Ocean Super Centre, Junction Centre, and the Nay Pyi Taw Wholesale

Market were crowded with shoppers. Meanwhile, Mingala Lake Park, Nay Pyi Taw Fountain Garden, the National Landmarks Garden, and the Nay Pyi Taw Zoological Gardens were filled with visitors enjoying the holiday festivities.

In addition, the Thadingyut Music Concert and Night Market are being held at the Nay Pyi Taw Fountain Garden, where traditional Myanmar food and various other local dishes are being sold. Entertainment programmes featuring famous singers, DJs, and music bands delighted audiences with popular songs. The public participated peacefully and joyfully, and the event was especially crowded with visitors. — Min Kyaw Swa/MKKS



The photos above show throngs of pilgrims at landmark pagodas, including the Maha Vijara Buddha Image and Buddha Park.
PHOTOS: PYAE SONE AUNG

Top websites and web portals to access Military Service Rules

- | | | |
|--|---|---|
| 1. Office of the State Administration Council
https://sacoffice.gov.mm | 3. Ministry of Legal Affairs
https://www.mlis.gov.mm | 5. Myawady Webportal
https://myawady.net.mm |
| 2. Ministry of Defence
https://www.mod.gov.mm | 4. Ministry of Information
https://www.moi.gov.mm | 6. Myanmar National Portal
https://myanmar.gov.mm |

NATIONAL

Yangon pagodas teeming with pilgrims on Abhidhamma Day

FAMOUS pagodas in Yangon, including the Shwedagon Pagoda, were crowded with pilgrims yesterday on the Full Moon Day of Thadingyut (Abhidhamma Day). Yangon Region Chief Minister U Soe Thein and regional ministers also took part in the religious rituals at the Shwedagon Pagoda.

Events organized by the Board of Trustees of the Shwedagon Pagoda at designated locations around the pagoda included alms donations, food charity by well-wishers, the observance of precepts, recitation of prayers, and ceremonies marking Abhidhamma Day and the Buddha Pujaniya Festival. In the evening, under the supervision of the Board of Trustees, worshippers and pilgrims illuminated oil lamps across the entire pagoda plat-



The photos capture throngs of devotees at prominent pagodas in Yangon. **PHOTOS: ZAW MIN LATT (MNA)**

form.

Similarly, at the ceremonies for the Full Moon Day of Thadingyut and Abhidhamma Day held by the trustees of the Botahtaung Pagoda, Kaba Aye Pagoda, the historically renowned Santawshin Kyaik-

wyne Pagoda, Maha Wizaya Pagoda, Sule Pagoda, Sacred Tooth Relic Pagoda (Yangon), Lokachantha Abhaya Labhamuni Buddha Image on Mindhamma Hill, Ngahtetgyi Pagoda, Chaukhtetkyee Pagoda, Shwephonepint Paga-

da, Eaindawya Pagoda, and Meilamu Pagoda, pilgrims received the Nine Precepts from venerable Sayadaws. In the evening, oil lamps were lit by worshippers in dedication to the Lord Buddha.

Throughout the city, ma-

jor pagodas were alive with devotees offering alms, water, flowers, and oil lamps to Buddha images and stupas, observing precepts, and reciting Abhidhamma prayers in reverence at pagoda squares.

— Zaw Min Latt (MNA)/MKKS

Myanmar, Belarus hold 2nd round of bilateral foreign ministry talks

THE second round of Myanmar-Belarus Bilateral Consultations between the Ministry of Foreign Affairs of the Republic of the Union of Myanmar and the Ministry of Foreign Affairs of the Republic of Belarus co-chaired by U Ko Ko Kyaw, Deputy Minister for Foreign Affairs of the Republic of the Union of Myanmar, and Mr Sergey Lukashevich, First Deputy Minister of Foreign Affairs of the Republic of Belarus, was held on the morning of 3 October 2025 at the Ministry of Foreign Affairs of the Republic of Belarus.

At the consultations, both sides exchanged views on Myanmar's preparations for the upcoming general election, peace process, closer collaboration between the two Foreign Ministries, the enhancement of mutually beneficial cooperation, including in the spheres of defence and security, education, science and technology, culture, sports and tourism sector. In the context of regional and multilateral affairs, they exchanged views on the developments within ASEAN, EAEU, SCO, and BRICS, as well as on strengthening cooper-



The second round of Myanmar-Belarus Bilateral Consultations between the Ministry of Foreign Affairs of the Republic of the Union of Myanmar and the Ministry of Foreign Affairs of the Republic of Belarus is underway on 3 October 2025.

ation under these frameworks.

After the consultations, the Myanmar delegation, led by the

Deputy Minister for Foreign Affairs, attended the lunch hosted by Mr Sergey Lukashevich,

First Deputy Minister of Foreign Affairs of the Republic of Belarus. — MNA

The people are urged to receive vaccination of Covid-19 without fail as full-time vaccination of Covid-19 and receiving booster shots can effectively mitigate infection of the virus, severe suffering from the disease and increase of death rate due to the disease.

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Due to limitation of space we are only able to publish "Letter to the Editor" that do not exceed 500 words. Should you submit a text longer than 500 words please be aware that your letter will be edited.

General Aung San Declares Firm Stand Against Election Disruption

“Our Government shall not permit any disruption of the forthcoming election. The electoral process shall remain free and fair, and no interference shall be exercised upon those who participate in it. Yet, let it be firmly declared that any attempt to disturb or sabotage the election shall be met with the full weight of authority”.

(An excerpt from the radio address regarding the election, delivered by General Aung San on 13 March 1947)



Mandalay pagodas crowded with merit-makers on Thadingyut Full Moon Day

RESIDENTS across Mandalay Region marked the Full Moon Day of Thadingyut (Abhidhamma Day) by offering flowers, water, and oil lamps in devotion to the Buddha and sharing the merits of their good deeds.

Early in the morning of the full moon day, devotees presented flowers, water, oil lamps, and gold foils to the Maha Muni Buddha Image, in accordance with the health guidelines issued by the Pagoda Trustees Board.

Furthermore, pilgrims visited Shwekyemyin Pagoda, Kyauktawgyi Pagoda, Kuthodaw Pagoda, Kyaukse (Jade) Pagoda, Candamuni Pagoda, and Aungdawmu Pagoda, where

they performed acts of merit and prayed for the well-being of all beings. They were also seen reciting sermons.

In addition, following Buddhist tradition, devotees offered alms and recited Paritta, Pathana Pali verses, and the Dhammacakka Sutta. They also paid respects to parents and elderly people, praying for peace, health, and prosperity.

In the evening, locals marked the auspicious day by lighting oil lamps in dedication to the Buddha, while homes and public areas were decorated with paper lanterns and candles devotionally. — Min Htet Aung (Mandalay Sub-Printing House)/MKKS




The photos above show devotees making pilgrimages to landmark pagodas, including the Mahamuni Buddha Image, in Mandalay Region.

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Myanmar reports no new COVID-19 cases

THE Ministry of Health tested 209 samples from 8 pm on 28 September 2025 to 8 pm on 5 October 2025, and no approved case was detected. During the period no new casualties were reported.

Currently, there is no need to worry about infection and deaths from COVID-19, but all need to follow personal hygiene methods, and the high-risk groups.

- Elderly people (aged 60 and above)
- People with diabetes, chronic respiratory diseases, and cancer
- Pregnant women (especially those beyond the third month of pregnancy) are prioritized to receive COVID-19 booster shots.

More detailed COVID-19 information can be found on the website of the Ministry of Health, moh.gov.mm,

Myanmar CDC
Public Health Department,
Ministry of Health

NATIONAL

Yangon's Yegyaw Thadingyut Festival draws massive crowds

THE Yegyaw Thadingyut Funfair, one of the busiest festivals in Yangon, is being held until 7 October, and has been a bustling event since the festival began.

From 1 to 7 October, during Thadingyut holidays, the Yegyaw Festival is taking place on Yegyaw and Bogyoke streets in Pazundaung Township, Yangon.

"The Yegyaw Funfair has been packed with people since 1 October, when it started. Every day, after 6 pm, the streets were very busy. People had to push one another to move through the crowds. Not only Pazundaung locals but also those from other Yangon townships came and enjoyed," said one of the visitors.

The festival features various shops selling food, consumer goods, toys, clothes and cosmetics, as well as fun games for the young, such as merry-go-round, Ferris wheel,



The photo showcases the crowded Yegyaw Festival.

pirate boats and entertainment.

After a hiatus during the COVID-19 pandemic, the fes-

tival was resumed in 2024, and this year it commenced on 1 October in the pre-Thadingyut period. — MT/ZN

Yangon palm oil reference price dips



Workers diligently organize cooking oil jerry cans for sale and distribution.

THE wholesale reference rate of palm oil set for the Yangon market this week, ending 12 October, decreased to K6,585 per viss, down from K6,610 per viss recorded in the previous week, according to the Supervisory Committee on Edible Oil Import and Distribution.

The Supervisory Committee on Edible Oil Import and Distribution under the Ministry of Commerce has been closely observing the FOB prices in Malaysia and Indonesia, adding transport costs, tariffs

and banking services to decide the wholesale market reference rate for edible oil weekly. Despite the reference price, the market price is way too high. To control overcharging, the Consumer Affairs Department under the Ministry of Commerce informed consumers of lodging complaints for overcharging through the call centre hotline in late August. The department urges consumers not to buy palm oil at high prices. The Committee notified that

any person who is involved in price gouging and oil storage to attempt market manipulation will face legal action under the Essential Goods and Services Law. The department is working together with the Myanmar Oil Dealers' Association and the cooking oil importing companies to offer affordable rates of imported palm oil for consumers. The complaints for overcharging can be lodged over hotline 1535 of the call centre of the Consumers Affairs Department, or sent to the Facebook page of the department and the region and state departments concerned. The domestic consumption of palm oil is estimated at one million tonnes per year. The local palm oil production is just about 400,000 tonnes. About 700,000 tonnes of palm oil are imported annually through Malaysia and Indonesia to meet domestic demands. — NN/KK

Free file bags for JLPT candidates

FOR candidates who will sit the Japanese Language Proficiency Test (JLPT) to be held in December, file bags will be provided free, said the JLPT organizing committee.

Backpacks and handbags are prohibited in JLPT. The JLPT organizing committee has planned to distribute file bags as gifts by the end of November, and candidates can come to take them by payment receipt for exam fee, or a copy of their candidate ID, or by a representative person.

The gift file bags have been prioritized for candidates who will sit December JLPT. File bags can be available at Yangon University of Education, Mandalay Education Degree College, JLPT Centre in Yangon and MAJA Mandalay branch, between 8 October and 28 November, said the JLPT organizing committee. — MT/ZS



A sample of the free file bag.

Myanmar film series 'Hta Chauk' to air on 10 Oct

THE Myanmar drama series Hta Chauk is set to be broadcast on the ShowLike application starting 10 October, according to actor Academy Kyaw Kyaw Bo.

The series, which comprises 12 episodes, was written, scripted, and directed by Academy Award winner Nyo Min Lwin.

"It's been about ten years since I last saw Ko Nyo. We met again and worked together on this project. This is also the first time I've acted alongside some of the other cast members. I play a teacher who has just been assigned to BEHS 6," said Academy Kyaw Kyaw Bo.

The cast includes Academy Kyaw Kyaw Bo, Vitamin, Pan Yaung Chal, Mya Yah, and many others. — ASH/MKKS



This image showcases a poster for the film series.

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(An excerpt from the guidance given by Chairman of the State Administration Council, Prime Minister Senior General Min Aung Hlaing, on his inspection tour of the project site to reclaim mechanized farmlands near Pinlaung junction in Zeyathiri Township, Nay Pyi Taw Council Area, on 12 March 2025)

For further details, individuals can enquire at the Yangon school in Bahan through contact numbers 09 427900046, the Mandalay school through 02 4036798, Mawlamyine through 057 2027166, Toungoo through 054 2823571, Myitkyina through 074 2522558, Pyapon through 09 262757899, Patheingyi through 042 25373, 042 21037, Sittway through 043 22067, Ywangan through 081 4768015 and Dawei through 059 2024009. — NN/KK

Create habitats for all as an urban crisis response

WORLD Habitat Day is marked on the first Monday of October each year and is recognized by the United Nations to reflect on the state of towns and cities, and on the basic right of all to adequate shelter. The day aims to provide appropriate accommodation, accessories and basic opportunities for all living beings, especially humans. Currently, an increasing number of people are driven from their homes by crises such as conflict, political instability, climate change, and economic hardship.

The United Nations stated that a record 122 million people are forcibly displaced and - in an increasingly urbanizing world - displacement is becoming an urban phenomenon. Over 60 per cent of internally displaced persons, refugees, and migrants are seeking

Fulfilling the needs of urban areas for the people is the great importance to the world. Only when relevant authorities reduce the number of displaced persons will they be identified as dutiful. It will put the spotlight on the importance of urban and territorial planning, inclusive urban governance, and the role of local governments in sustainable solutions for displacement. The significant day will highlight sustainable, scalable, and transformative solutions to urban displacement that help stabilize populations, while promoting prosperity and fostering social cohesion for all.

as they are the primary source of living beings across the world. Fulfilling the needs of urban areas for the people is the great importance to the world. Only when relevant authorities reduce the number of displaced persons will they be identified as dutiful. It will put the spotlight on the importance of urban and territorial planning, inclusive urban governance, and the role of local governments in sustainable solutions for displacement. The significant day will highlight sustainable, scalable, and transformative solutions to urban displacement that help stabilize populations, while promoting prosperity and fostering social cohesion for all. On 6 October 2025, the Global Observance of World Habitat Day will be linked to urban crisis response. The theme focuses on addressing multiple crises affecting urban areas, including climate and conflicts, that are contributing to inequality, and promotes existing tools and approaches to effective crisis response.

refuge in cities, putting pressure on local systems. This is accelerating urban growth, while changing territories significantly, making “urban crisis response” and urban displacement a timely focus for the 2025 World Habitat Day.

Today, issues such as urban development, housing needs, environmental impacts, and housing problems arising from population growth are discussed at the global level. In addition, priority is also given to providing assistance and protection of shelters for the homeless and vulnerable people affected by natural disasters, flooding, and land degradation.

World Habitat Day, led and organized by the United Nations Human Settlements Programme (UN-Habitat), is a time when projects, discussions, and challenges carried out at national, governmental, and public levels are emphasized. Such undertakings are intended to recognize “adequate shelter for all” as a fundamental human right. Such as it is necessary to emphasize facilitating humans with a home as accommodation,

Limitation: The Invisible Boundary of Existence

By Min Zan



HUMAN beings often talk about freedom, progress, and endless opportunities. We admire the stars, dream of conquering space, and imagine a world without limits. But if we look closely, we can see a very important truth: everything that exists has a limit. From the smallest piece of matter to the largest galaxy, from human life to the silent movement of time, there is always a boundary. Limitation is not just something that stops us. It is the invisible architect that shapes reality.

Please, let me explore different kinds of limits – those found in nature, in human life, in the physical world, and in time itself. Finally, it will show how understanding limitations can bring wisdom, balance, and meaning to our lives.

The Natural World: Bound by Design

Nature looks vast, endless, and free. The sky seems to stretch forever, and the oceans look infinite when we stand on the shore. But science shows us that nature is not infinite. It is precise, balanced, and carefully designed with boundaries.

The ocean has a certain level of salt. If salinity rises too high, marine animals cannot survive. If it drops too low, the balance also breaks. Fish, coral reefs, and many other creatures depend on this limit.

Trees can grow very tall, but they do not reach the clouds. Why?

Because their height is limited by gravity, water movement inside their trunks, and the genetic code written in their cells.

Animals also have limits. A cheetah can run as fast as 120 kilometres per hour, but only for a few seconds. After that, exhaustion forces it to stop.

Even the sun, which feels eternal when we look at it, is not infinite. It is slowly burning its fuel. One day in the distant future, it will die. Nature does not work by breaking limits; it works by keeping balance. And balance is only possible when there are boundaries.

Human Life: The Illusion of Limitlessness

Humans often think of themselves as limitless. We dream big, build huge cities, and push ourselves to do more and more. Technology, medicine, and science give us a sense of power, and sometimes we forget that we are still fragile beings.

But the truth is clear:

- ❖ We cannot live without oxygen for more than a few minutes.
- ❖ We cannot stay awake without sleep for more than a few days.
- ❖ We cannot stop the process of ageing, no matter how advanced medicine becomes.

Our lifespan is measured in years. Each birthday is a reminder that we are moving closer to the

end. We are born, we grow, we age, and finally, we die. This is not a failure of human progress — it is part of being human.

And yet, many people live as if death is only a story. They overwork, delay their happiness, and sacrifice their health in pursuit of “more”. But ignoring our limits does not make them disappear. Instead, it makes life emptier.

The truth is powerful, as we are not infinite beings. We are a temporary miracle. Each breath is proof of life’s fragility and beauty.

The Inanimate World: Limits in Matter

Limits do not only exist in living beings. Even lifeless things are governed by boundaries.

- ❖ A bridge can only carry a certain weight. If too many cars or trucks pass at once, it collapses.
- ❖ A battery stores energy, but only a fixed amount. Once it is drained, it must

be recharged or replaced. A computer has limits in memory and speed. If you push it too far, it will slow down or crash.

Physics, chemistry, and engineering are all based on limits. A structure can only hold so much force before it breaks. A chemical reaction happens only under certain conditions. An electronic device only functions within its programmed boundaries.

This shows us a simple truth: without respecting limits, systems fail.

Time: The Ultimate Constraint

Perhaps the most powerful limit of all is time. Time is invisible, but it rules every part of existence.

- ❖ A day has only 24 hours — not more, not less.
- ❖ A year has 365 days (or 366 in a leap year).
- ❖ A human life has a certain number of years. Some live long, others short, but

no one knows the exact number.

We often treat time as if it were endless. We say, “I will do it later,” or “I have plenty of time.” But the truth is, time is always moving forward. It does not wait, and it does not return.

Time is not like a river we can swim in at will. It is like a tide that pulls us forward whether we are ready or not. Every moment that passes is gone forever.

This is why time is the greatest limitation – and the greatest teacher. It reminds us that life is urgent and precious.

The Wisdom of Embracing Limits

Many people think of limits as negative things. They see them as walls that block freedom. But if we look deeper, we can see that limits are not enemies – they are guides.

- ❖ When we know that our time is limited, we learn to value each moment. We stop wasting days on meaningless things.
- ❖ When we accept our physical limits, we take care of our bodies, eat well, rest enough, and avoid destroying our health.
- ❖ When we respect nature’s boundaries, we protect the planet and avoid destroying the delicate systems that give us life.

Limits do not reduce beauty;

they create it.

Think about art: a painting has a frame. Without the frame, the picture would lose its shape. A poem has rhythm and structure. Without those limits, words would become meaningless noise.

Freedom without limits is not freedom; it is chaos. Form, balance, and meaning exist only because of boundaries.

The Gift of Knowing

Limitation is not a curse. It is a gift, a compass that shows us the path of life. Limits tell us where we stand, what we can do, and when we must stop. They teach us humility because we realize we are not all-powerful. They teach us clarity, because we see what truly matters. And they give us purpose, because we learn to use our limited time wisely.

So instead of mourning our limits, we should honour them. Within every boundary lies an opportunity:

- ❖ to live wisely,
- ❖ to love deeply,
- ❖ to create meaningfully.

In the end, it is not infinity that gives life its value. It is a limitation. The very fact that life is short makes it precious. The very fact that we cannot do everything makes our choices important. The very fact that time runs out makes each moment shine brighter.

Let us then see limits not as walls but as the very structure of existence. They are the invisible boundary that makes life real.

Research finds fat may secretly fuel Alzheimer’s

Scientists discovered that tiny messengers released by fat tissue, called extracellular vesicles, can carry harmful signals that accelerate the buildup of amyloid-b plaques in the brain.



New research from Houston Methodist reveals how obesity may directly drive Alzheimer’s disease. PHOTO: PIXABAY

NEW research from Houston Methodist reveals how obesity may directly drive Alzheimer’s disease.

Scientists discovered that tiny messengers released by fat tissue, called extracellular vesicles, can carry harmful signals that accelerate the buildup of amyloid-b plaques in the brain.

These vesicles even cross the blood-brain barrier, making them powerful but dangerous connectors between body fat and brain health.

The study, “Decoding Adipose-Brain Crosstalk: Distinct Lipid Cargo in Human Adipose-Derived Extracellular Vesicles Modulates Amyloid Aggregation in Alzheimer’s Disease,” was published on 2 October in Alzheimer’s & Dementia: The Journal of the Alzheimer’s Association.

It explores the link between obesity, which affects about 40 per cent of the US population, and the dreaded neurodegenerative disease affecting more than 7 million people in the US.

The research was led by Stephen Wong, PhD, the John S Dunn Presidential Distinguished Chair in Biomedical Engineering.

Alongside Wong, Li Yang, PhD, a research associate at Houston Methodist, and Jianting Sheng, PhD, an assistant research professor of computational biology and mathemat-

ics in radiology at the Houston Methodist Academic Institute, provided leadership in experimental design and cross-institution coordination.

“As recent studies have underscored, obesity is now recognised as the top modifiable risk factor for dementia in the United States,” said Wong, corresponding author and director of T T & W F Chao Centre for BRAIN at Houston Methodist.

The researchers found that the lipid cargo of these cell messengers differs between people with obesity and lean individuals, and that the presence and levels of specific lipids that differed between the groups changed how quickly amyloid-b clumped together in laboratory models.

Using mouse models and patient body fat samples, the researchers examined the vesicles, which are tiny, membrane-bound particles that travel throughout the body and act as messengers involved in cell-to-cell communication.

These minuscule communicators are also capable of crossing the blood-brain barrier.

Targeting these tiny cell messengers and disrupting their communication, which leads to plaque formation, may help reduce the risk of Alzheimer’s disease in people with obesity. — SOURCE: ANI

TECH/ENVIRON:
WORLD

Russia to test biometric flight boarding service in 2026

The airport already offers biometric access to business lounges.



Pulkovo Airport in St Petersburg will serve as the pilot site for testing. PHOTO: PIX FOR VISUAL PURPOSE/ SHUTTERSTOCK

RUSSIAN Deputy Prime Minister and Chief of Staff Dmitry Grigorenko said the system is designed to simplify pre-flight procedures and eliminate the need for passengers to present identity documents when checking in, passing security in the departure area, or boarding domestic flights. Pulkovo Airport in St Petersburg will serve as the pilot site for testing, he said, adding that the airport already offers biometric access to business lounges and biometric payment options in shops.

Russians have already used biometric services more than 150 million times to pay for purchases and metro rides, receive services online and at public service centres, Grigorenko noted. Officials noted that a series of legislative changes will be prepared to implement the project. Biometric identification will serve as an alternative to a passport during pre-flight procedures, with passengers retaining the choice of using either method to board their flight. — Xinhua

Fujitsu, US chip giant Nvidia to develop industry-specific AI agents

JAPANESE telecommunications and computer maker Fujitsu Ltd. has agreed with US chip giant Nvidia Corp to jointly develop artificial intelligence infrastructure to create agents that operate in the robotics and other sectors. Fujitsu, which announced the collaboration with Nvidia on Friday, aims to integrate its central processing units with the US company’s graphics processing units, which power AI. Fujitsu joins a growing number of Japanese companies that are working with US companies on AI, such as Hitachi Ltd, which announced a partnership with OpenAI, the developer and op-

erator of ChatGPT. “Computing power accelerates the progress of AI,” Takahito Tokita, the president and CEO of Fujitsu, said at a press conference in Tokyo, where he was joined by Jensen Huang, founder and CEO of Nvidia. Tokita said in a press release that by combining their firms’ cutting-edge technologies to build “full-stack AI infrastructure,” they can tailor the technology to assist in fields such as healthcare, manufacturing and customer service. Fujitsu said it hopes to establish the AI infrastructure by 2030. — Kyodo

Laos records 9,372 dengue fever cases in first 9 months

LAOS has recorded 9,372 dengue fever cases, including one death, from January to September 2025, according to the Ministry of Health. According to the ministry’s report on Monday, the highest number of cases occurred in Lao capital Vientiane, where 4,738 were reported, while 1,034 cases were recorded in Oudomxay province, and 693 in Vientiane province. Dengue fever has also

caused one death in Lao capital Vientiane. The Lao government has urged health officials and medical staff nationwide to enhance the management of dengue fever cases to prevent a major outbreak. Laos’ Ministry of Health will continue to work with its partners to reduce dengue incidence, urging the public to remain vigilant in preventing the spread of dengue and reducing the risk of infection. — Xinhua

KLM cancels over 100 flights due to storm warning

DUTCH airline KLM cancelled more than 100 flights at Amsterdam’s Schiphol Airport on Saturday after a yellow code warning was issued for the entire country due to heavy wind gusts. A KLM spokesperson told the ANP news agency that 80 incoming and over 70 outgoing flights were cancelled because of the stormy weather. The Royal Netherlands Meteorological Institute (KNMI) has issued a yellow warning for wind gusts of up to 90 kilometres per hour inland and 100 kilometres per hour along the coast. The public is advised to be cautious of dangerous conditions, including falling tree branches. — Xinhua

AI tool helps researchers treat child epilepsy

AUSTRALIAN researchers have developed an AI tool that detects tiny, hard-to-spot brain malformations in children with epilepsy, potentially speeding up access to life-changing surgery. Led by paediatric neurologist Emma Macdonald-Laurs at Melbourne’s Royal Children’s Hospital, the tool analyzes MRI and PET scans to identify small lesions, often as tiny as a blueberry, hidden in brain folds — structural causes in about 30 per cent of epilepsy cases. These abnormalities are frequently missed on standard MRIs, with 80 per cent of study participants previously receiving normal results. Trained on child brain images, the AI achieved 94 per cent accuracy



Child epilepsy is a brain disorder causing recurring seizures due to abnormal electrical activity, rather than a short-term illness or injury. PHOTO: SHUTTERSTOCK

in one test group and 91 per cent in another when combin-

ing scan types. In a group of 17 children with cortical dysplasia and focal epilepsy, 12 underwent lesion-removal surgery, leaving 11 seizure-free. The tool acts as a “detective” aiding doctors, not replacing them. Epilepsy affects one in 200 children, with a third drug-resistant. Next steps include real-world testing on undiagnosed patients. Biomedical expert Konrad Wagstyl at King’s College London called the results “impressive”, though PET scans’ cost, limited availability, and radiation exposure are drawbacks. Similar AI efforts, like a February KCL study spotting 64 per cent of missed lesions, highlight the technology’s growing role in healthcare. — AFP

Egypt opens tomb of Pharaoh
Amenhotep III to visitors after
20-year restoration

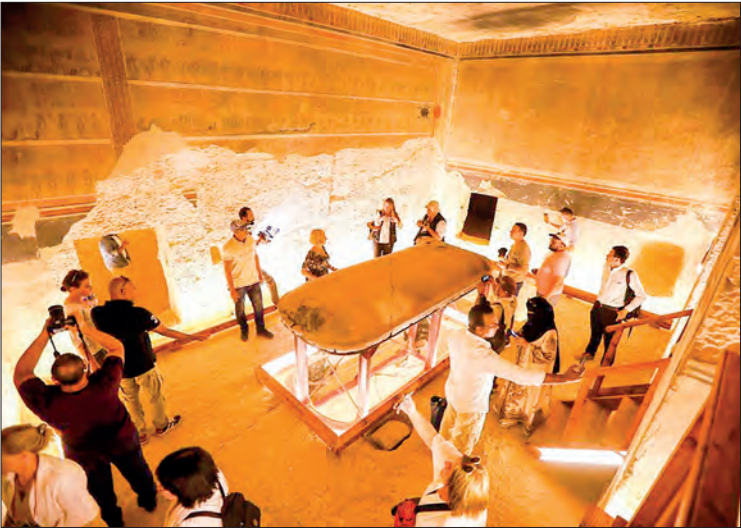
EGYPT’S Ministry of Tourism and Antiquities on Saturday opened the tomb of New Kingdom Pharaoh Amenhotep III in the Valley of the Kings to visitors, following more than two decades of restoration.

The tomb, belonging to Amenhotep III who ruled Egypt more than 3500 years ago, is situated on the western side of the famed necropolis. Egyptian antiquities authorities said it was first discovered in 1799 and subsequently looted, including the sarcophagus.

Mohamed Ismail Khaled, secretary-general of Egypt’s Supreme Council of Antiquities,

described the tomb as “one of the most important and prominent” in the Valley of the Kings and said its reopening would be an “excellent addition” to Egypt’s cultural tourism sector.

The restoration, an international effort involving Egyptian, Italian, and Japanese experts, focused on preserving the tomb’s elaborate wall paintings. Conservation work took place in three phases: 2001-2004, 2010-2012, and 2023-2024. Khaled said the tomb’s intricate designs and vibrant decorations reflect the artistic and cultural prosperity of the New Kingdom. — Xinhua



Tourists visit the tomb of New Kingdom Pharaoh Amenhotep III in the Valley of the Kings on the West Bank of Luxor, Egypt, on 4 October 2025. **PHOTO: AHMED GOMAA/XINHUA**

World-renowned innovator
Minerva Univ extends study
programme to Tokyo



Students at Minerva University are pictured in a group photo at a ceremony marking the opening of its programme in Tokyo on 5 September 2025. **PHOTO: THE NIPPON FOUNDATION/KYODO**

MINERVA University, ranked among the world’s most innovative universities for its programme that allows its students to study in different cities across the globe, has added Tokyo as an eighth rotation city.

Starting from 8 September 125 students from 40 countries will study in Tokyo for 12 months of their four-year programme as part of the San Francisco-based institution’s global rotation.

The private school founded by entrepreneur Ben Nelson,

The university has been named as the most innovative by World’s Universities with Real Impact.

which opened in 2014, sends students to Berlin, Buenos Aires, Hyderabad in India, London, Seoul and Taipei in addition to its home city on the US West Coast.

The students participate in hands-on, location-based projects and gain practical experi-

ence through partnerships with local businesses, municipalities and communities.

The university has been named as the most innovative by World’s Universities with Real Impact, an annual ranking overseen by a global network of universities, for four straight years since 2022. Minerva is also among the top three most difficult colleges to enter in the United States with a four per cent acceptance rate, according to education data site Niche. — Kyodo

Teachers catalysts
of Cambodia’s AI
transformation: PM

CAMBODIAN Prime Minister Hun Manet said on Sunday that teachers are the catalysts of Artificial Intelligence (AI) transformation in the Southeast Asian country.

In a text posted on his official social media platforms to mark World Teachers’ Day, Hun Manet said Cambodia observed the event under the national theme of “Teacher is the catalyst of AI transformation”.

“This theme underscores the central role of educators in preparing students to navigate and benefit from a future shaped by AI,” he said.

“It resonates with Cambodia’s national vision articulated in its Pentagonal Strategy — Phase I, where human development and digital transformation are identified as two of the core pillars to sustainable growth of the country,” he added. Minister of Education, Youth and Sport Hang Chuon Naron said the integration of AI in education will augment teachers’ capability to transform education. — Xinhua



“I’ve gotten to do so much with
character I never thought I
would”: Elizabeth Olsen

ACTOR Elizabeth Olsen discussed her journey in the film industry and revealed that she is open to starring in more superhero movies, as reported by People.

“It is something that I love, and it’s something I always want to return to,” she said, adding, “I think the thing that’s been so special about the last five years is I’ve gotten to do so much with the character that I never thought I would. There are still character through lines that have

Olsen stated that superhero films are for the fans, not the critics. **PHOTO: ANI**

happened in the comics that I’d love to do that I think fans also want to.”

“I mean, these movies aren’t for critics, these movies are for fans,” Olsen added.

During a wide-ranging discussion as part of the 2025 Hamptons International Film Festival’s “A Conversation With...” series, Olsen reflected on her career.

She remembered feeling both “very lucky and very scared” when she joined the franchise as Wanda Maximoff over a decade ago. Olsen went on to earn an Emmy nomination for her performance in the 2021 limited series WandaVision. — ANI

ECONOMY WORLD

OPEC+ to ramp up oil output in November



Photo taken on 30 November 2023 shows the headquarters of the Organization of the Petroleum Exporting Countries (OPEC) in Vienna, Austria. **PHOTO: XINHUA**

THE Organization of the Petroleum Exporting Countries (OPEC) and its allies, known as OPEC+, on Sunday decided to raise oil output by 137,000 barrels per day (bpd) in November, following a similar increase in October.

The decision was announced after a virtual meeting of member countries, including Saudi Arabia, Russia, Iraq, the United Arab Emirates, Kuwait,

Kazakhstan, Algeria and Oman, OPEC said in a statement.

“In view of a steady global economic outlook and healthy market fundamentals, as reflected in low oil inventories, the eight countries will implement a production increase of 137,000 barrels per day in November from the previously announced additional voluntary cuts,” OPEC said.

The group’s additional

voluntary production adjustment of 1.65 million bpd was first introduced in April 2023 and later extended until the end of 2026. OPEC noted that these barrels may be returned in part or in full, depending on market conditions and in a gradual manner.

The eight countries will convene again on 2 November to decide on further steps. — Xinhua

EU and Morocco tweak trade deal covering W Sahara

THE European Union and Morocco have agreed to alter a trade deal to cover imports from the disputed Western Sahara region, Brussels said on Monday.

The move comes after the EU’s top court last year ordered the farm produce

agreement to be scrapped after a challenge from Western Saharan independence movement the Polisario Front.

The new deal means that goods coming from the region will now have to clearly specify their origin to receive preferential tariffs.

In its 2024 judgement, the ECJ said product labels “must indicate Western Sahara alone as the country of origin of those goods, to the exclusion of any reference to Morocco, so as to avoid misleading consumers as to the true origin of those goods”. — AFP

BOJ retains economic assessments of 8 regions, but cuts view on Hokkaido

THE Bank of Japan on Monday maintained its economic assessments of eight of the country’s nine regions despite higher US tariffs, while downgrading its assessment for Hokkaido, citing weak consumer spending.

In its quarterly Sakura report on regional economies, the central bank said all nine regions had been “recovering moderately”, “picking up” or “picking up moderately”, although some weakness was observed in certain areas, using the same expressions as in the previous survey.

The BOJ cited views from a meeting of its regional branch managers earlier Monday, noting that uncertainties over US trade policy have prompted delays or reviews of investment.

Regarding the impact of the US levies on exports and

output, however, many branches reported that it has not prevented companies from passing rising labour costs on to sales prices, according to the BOJ.

As persistent inflation prompts consumers to tighten their belts, supermarkets have reported shoppers buying fewer items, while restaurants that have raised prices have seen fewer customers, the BOJ said.

For Hokkaido, northern Japan, the BOJ lowered its assessment as the region’s key tourism industry was dampened by sluggish spending by foreign visitors, mainly from other parts of Asia, an official said.

The latest Sakura report was published ahead of the BOJ’s policy meeting in late October, during which its board members are expected to discuss whether to resume interest rate hikes. — Kyodo

Vietnam’s GDP grows 7.85% in first 9 months

VIETNAM’S gross domestic product (GDP) expanded 7.85 per cent year on year in the first nine months of 2025, Vietnam News Agency reported on Monday, citing the National Statistics Office (NSO).

The nine-month growth rate was the second highest in the 2011-2025 period, following a 9.44-per-cent surge recorded in the same period of 2022, the report said.

The agriculture, forestry and fishery sector expanded by

3.83 per cent compared to the same period last year, while the industry and construction sector grew by 8.69 per cent, and services rose by 8.49 per cent, according to the data from NSO.

NSO’s Director-General Nguyen Thi Huong said the agro-forestry-fishery sector remained stable despite storms and floods, thanks to timely disaster response measures, while manufacturing and processing continued to drive industrial growth. — Xinhua



Kia unveils the EV4 during the 32nd Gaikindo Indonesia International Auto Show (GIIAS) at the Indonesia Convention Exhibition (ICE) in Tangerang, Greater Jakarta, on 23 July 2025. **PHOTO: AFP**

S Korean automaker Kia to sell EV van in Japan by spring 2026

SOUTH Korean automaker Kia Corp recently said it will begin selling an electric van in Japan by next spring, aiming to sell 1,000 units by the end of 2026.

The company will launch the mid-sized PV5 in the Japanese market, where there are currently few vehicles of this type. It plans to sell 2,000 units annually in 2027 and in-

troduce the larger PV7 in 2028.

The company will offer two PV5 model types — a cargo version and a passenger version suitable for family use or as a taxi. They can also be customized to allow wheelchair access or converted into campers.

The PV5 is part of Kia’s PBV electric van lineup, with seating layouts, door configurations, and bat-

tery capacities that can be tailored to customer needs. The company aims to sell 250,000 PBV units globally in 2030.

The automaker and Japanese trading house Sojitz Corp signed an EV van distribution agreement in 2024 and have established designated stores across Japan ahead of the launch. — Kyodo

Nikkei soars over 4% after Takaichi elected as Japan ruling party leader

THE Nikkei stock index jumped over four per cent to a record intraday high as the yen plunged to the upper 149 range against the US dollar on Monday morning, after Japan's ruling party elected Sanae Takaichi, known as a fiscal dove, as its leader.

The 225-issue Nikkei Stock Average soared 2,065.86 points, or 4.51 per cent, from Friday to 47,835.36. The broader Topix index was up 89.51 points, or 2.86 per cent, at 3,218.68, also setting an intraday high.

On the top-tier Prime Market, exporter shares were boosted by the yen's depreciation, with gainers



A roadside financial data monitor in Tokyo shows the Nikkei Stock Average on 6 October 2025 rising above the 47,000 line for the first time, gaining more than 2,000 points. **PHOTO: KYODO**

led by machinery and electric appliance issues.

The Japanese currency plunged over two yen versus the dollar, as expect-

the Liberal Democratic Party's leadership race on Saturday, dealers said.

The Japanese currency also slid to the upper 175 range against the euro, its lowest level since the 1999 launch of the single European currency.

At noon, the dollar fetched 149.87-88 yen compared with 147.39-49 yen in New York and 147.40-42 yen in Tokyo at 5 pm Friday.

The euro was quoted at \$1.1726-1727 and 175.74-76 yen against \$1.1739-1749 and 173.09-19 yen in New York and \$1.1732-1734 and 172.94-98 yen in Tokyo late Friday afternoon. — Kyodo

OpenAI offers more copyright control for Sora 2 videos

WHEN OpenAI released its new video generation model Sora 2 last week, users delighted in creating hyper-realistic clips inspired by real cartoons and video games, from South Park to Pokemon.

But the US tech giant is giving more power to the companies that hold the copyright for such characters to put a stop to these artificial intelligence copies, boss Sam Altman said.

OpenAI, which also runs ChatGPT, is facing many lawsuits over copyright infringements, including one major case with the New York Times.

The issue made headlines in March when a new ChatGPT image generator unleashed a flood of AI pictures in the style of Japanese animation house Studio Ghibli.

Less than a week after Sora 2 was released on 1 October — with a TikTok-style app allowing users to insert themselves into AI-created scenes — Altman said OpenAI would tighten its policy on copyrighted characters.

“We will give rightsholders more granular control over generation of characters,” he wrote in a blog post on Friday. — AFP

Cambodia's insurance industry sees double-digit growth in first 8 months of 2025

CAMBODIA'S insurance industry registered a gross premium of US\$275.3 million in the first eight months of 2025, up 13 per cent from \$243.5 million over the same period last year, an Insurance Regulator of Cambodia (IRC) report showed on Monday.

The growth was generated from 18 general insurers, 14 life insurers, seven micro-insurance companies, and one reinsurance firm, the report said.

The total amount of

claims incurred was \$65.9 million during the January-August period this year, up 27.4 per cent from \$51.7 million over the same period last year.

The Southeast Asian nation's insurance sector currently has more than \$1 billion in total assets.

IRC's director general, Bou Chanphirou, said the insurance industry has been playing a vital role in supporting the social security system and proactively contributing to the national economy. — Xinhua

CLAIMS DAY NOTICE

M.V ISEACO GENESIS VOY.NO. (271N)

Consignees of cargo carried on **M.V ISEACO GENESIS VOY.NO. (271N)** are hereby notified that the vessel will be arriving on **7-10-2025** and cargo will be discharged into the premises of **AWPT** where it will lie at the consignee's risk and expenses and subject to the byelaws and conditions of the Port of Yangon.

Damaged cargo will be surveyed daily from 8 A.M to 11:20 A.M and 12 NOON to 4 P.M to Claim's Day now declared as the third day after final discharge of cargo from the Vessel.

No claims against this vessel will be admitted after the Claims Day.

Phone No: **2301185**

Shipping Agency Department
Myanma Port Authority

Agent For:

M/S NEW GOLDEN SEA LINES

CLAIMS DAY NOTICE

M.V NORDLEOPARD VOY.NO. (537W)

Consignees of cargo carried on **M.V NORDLEOPARD VOY.NO. (537W)** are hereby notified that the vessel will be arriving on **7-10-2025** and cargo will be discharged into the premises of **MITT/MIP** where it will lie at the consignee's risk and expenses and subject to the byelaws and conditions of the Port of Yangon.

Damaged cargo will be surveyed daily from 8 A.M to 11:20 A.M and 12 NOON to 4 P.M to Claim's Day now declared as the third day after final discharge of cargo from the Vessel.

No claims against this vessel will be admitted after the Claims Day.

Phone No: **2301185**

Shipping Agency Department
Myanma Port Authority

Agent For:

M/S MAERSK A/S

CLAIMS DAY NOTICE

M.V CAPE FELTON VOY.NO. (953N)

Consignees of cargo carried on **M.V CAPE FELTON VOY.NO. (953N)** are hereby notified that the vessel will be arriving on **7-10-2025** and cargo will be discharged into the premises of **MIP** where it will lie at the consignee's risk and expenses and subject to the byelaws and conditions of the Port of Yangon.

Damaged cargo will be surveyed daily from 8 A.M to 11:20 A.M and 12 NOON to 4 P.M to Claim's Day now declared as the third day after final discharge of cargo from the Vessel.

No claims against this vessel will be admitted after the Claims Day.

Phone No: **2301185**

Shipping Agency Department
Myanma Port Authority

Agent For:

(ONE) OCEAN NETWORK EXPRESS LINE

CLAIMS DAY NOTICE

M.V SITC ZHI VOY.NO. (2516S)

Consignees of cargo carried on **M.V SITC ZHI VOY. NO. (2516S)** are hereby notified that the vessel will be arriving on **7-10-2025** and cargo will be discharged into the premises of **AWPT** where it will lie at the consignee's risk and expenses and subject to the byelaws and conditions of the Port of Yangon.

Damaged cargo will be surveyed daily from 8 A.M to 11:20 A.M and 12 NOON to 4 P.M to Claim's Day now declared as the third day after final discharge of cargo from the Vessel.

No claims against this vessel will be admitted after the Claims Day.

Phone No: **2301185**

Shipping Agency Department
Myanma Port Authority

Agent For:

M/S SITC CONTAINER LINE CO., LTD

CLAIMS DAY NOTICE

M.V V MONOCEROS VOY.NO. (TP2503)

Consignees of cargo carried on **M.V V MONOCEROS VOY.NO. (TP2503)** are hereby notified that the vessel will be arriving on **8-10-2025** and cargo will be discharged into the premises of **MITT** where it will lie at the consignee's risk and expenses and subject to the byelaws and conditions of the Port of Yangon.

Damaged cargo will be surveyed daily from 8 A.M to 11:20 A.M and 12 NOON to 4 P.M to Claim's Day now declared as the third day after final discharge of cargo from the Vessel.

No claims against this vessel will be admitted after the Claims Day.

Phone No: **2301928**

Shipping Agency Department
Myanma Port Authority

Agent For:

M/S WILSELSEN PORT SERVICES(S) PTE LTD

ROLLING UPDATES
WORLD

DELEGATIONS from Hamas, Israel and the United States are due to convene in Egypt for talks on Monday, with President Donald Trump urging negotiators to “move fast” to end the nearly two-year war in Gaza.

Both Hamas and Israel have responded positively to Trump’s proposal for an end to the fighting and the release of captives in Gaza in exchange for Palestinians held in Israeli jails.

The indirect talks were due to begin on the eve of Hamas’s 7 October 2023 attack on Israel, which sparked the war.

Trump’s plan envisages the disarmament of Hamas, which the militant group is unlikely to accept, as well as the full withdrawal of Israeli forces from the Gaza Strip.

Previous rounds of negotiations have also stalled over the names of Palestinian prisoners the Islamist group proposed for release.

Hamas’s lead negotiator Khalil al-Hayya, who was tar-

Israel, Hamas due in Egypt
for ceasefire talks



A plume of smoke rises in the background as Palestinians return from a food distribution point run by the US and Israeli-backed Gaza Humanitarian Foundation (GHF) group, near the Netsarim corridor in the central Gaza Strip on 5 October 2025. **PHOTO: AFP**

geted with other leaders from the group in Israeli strikes in Doha last month, was to meet with mediators from Egypt and Qatar in Cairo Monday morning,

a senior official from the group told AFP, ahead of talks in the Egyptian resort town of Sharm El-Sheikh.

Negotiations will look to “de-

termine the date of a temporary truce”, the official said, as well as create conditions for a first phase of the plan, in which 47 hostages held in Gaza are to be

released in return for hundreds of Palestinian detainees.

‘MOVE FAST’

Posting on his Truth Social platform on Sunday, Trump praised “positive discussions with Hamas” and allies around the world including Arab and Muslim nations.

“I am told that the first phase should be completed this week, and I am asking everyone to MOVE FAST,” he wrote.

On Monday, Egyptian President Abdel Fattah al-Sisi praised Trump’s plan saying it offered “the right path to lasting peace and stability”.

Israeli Prime Minister Benjamin Netanyahu, who has expressed hope that the hostages could be released within days, said his government’s delegation would be departing for Egypt on Monday for the talks.

The White House said Trump had also sent two envoys to Egypt — his son-in-law Jared Kushner and Middle East negotiator Steve Witkoff. — AFP

Rescuers scramble to deliver aid after
deadly Nepal, India floods



This handout photograph taken and released by Nepal’s Army on 5 October 2025 shows Army personnel carrying a landslide victim evacuated by a helicopter following heavy rain-triggered landslides and floods in Nepal. **PHOTO: NEPALESE ARMY / AFP**

RESCUERS in Nepal and India on Monday scrambled to deliver emergency aid after days of torrential rain triggered landslides and floods that have killed more than 70 people, officials said.

The downpours, which began on 3 October, have now eased, but rescue teams are still struggling to reach several cut-off areas with roads blocked and bridges washed away.

Monsoon rains, usually from June to September, bring widespread death and destruction every year across South Asia, but the number of

fatal floods and landslides has increased in recent years.

Experts say climate change has worsened their schedule, frequency and intensity.

Nepal’s National Disaster Risk Reduction and Management Authority said at least 46 people have died in rain-related incidents — two more than the previous day — while six others remain missing.

“We had to walk long distances through the hills, even fixing ropes to cross the swollen river,” local district police official Laxmi Bhandari told

AFP.

“Now that the rain has stopped, we are more committed to providing relief and carrying out rescue operations for the village.”

Security forces have been deployed with helicopters and motorboats to assist the efforts.

Several highways blocked over the weekend slowly opened up Monday to allow movement of stranded travelers — many returning after celebrating the Hindu festival of Dashain.

‘House of cards’

Across the border in eastern India, at least 28 people were killed in the storms, officials said, as rescuers struggled to reach worst hit spots in the Himalayan region.

The tea-growing hills of Darjeeling in West Bengal state were among the hardest hit.

“Landslides have been reported from 35 locations in the hills of Darjeeling and more than 100 houses have been destroyed,” Praween Prakash, a West Bengal state police official told AFP, confirming 28 deaths. — AFP

NEWS IN BRIEF

Indonesian president orders intensified
crackdown on illegal mining

INDONESIAN President Prabowo Subianto has ordered law enforcement agencies to step up efforts against illegal mining and smuggling, particularly in tin-rich regions, state news agency Antara reported.

Prabowo on Monday visited Pangkal Pinang, capital of Bangka Belitung Islands Province, to witness the handover of confiscated state assets from illegal mining cases to state-owned tin miner PT Timah.

The Attorney General’s Office recently seized six tin smelters in the province in a corruption case with an estimated state loss of 300 trillion Indonesian rupiahs (about US\$18 billion).

Calling the seizures “a proud achievement,” Prabowo urged the Attorney-General’s Office, the Indonesian National Armed Forces (TNI), the Customs and Excise Office, and the Maritime Security Agency to sustain joint operations. — Xinhua

Overnight train collision near
Tokyo causes long delays for commuters

A local train bound for Tokyo’s Shibuya collided with an out-of-service train on Sunday night, causing the latter to partially derail and creating long delays for morning rush hour commuters, according to Tokyu Railways.

The collision occurred near Kajigaya Station in Kawasaki, Kanagawa Prefecture, on the Tokyu Den-en-toshi Line at around 11:05 pm and resulted in the suspension of services between Shibuya and Saginuma stations from the first trains on Monday. Nobody was injured in the incident.

The out-of-service train, operated by an apprentice driver and an instructor, was headed to a depot near Kajigaya Station but had stopped short of its correct position after receiving a overspeed warning signal, according to Tokyu. — Kyodo

SPORTS

World records shattered at weightlifting world championships

THE top four finishers in the men's 71-kilogramme division all broke world records, while the Democratic People's Republic of Korea (DPRK) clinched its fourth gold medal in the women's 63-kilogramme event on the fourth day of the IWF World Championships here on Sunday.

China's He Yueji, 23, set two world records in the snatch with lifts of 158 kilogrammes and 160 kilogrammes, before establishing two more in the clean and jerk with 184 kilogrammes and a total of 344 kilogrammes to finish third overall.

Thailand's Weeraphon Wichuma claimed the overall title with a combined lift of 346 kilogrammes, including 152 kilogrammes in the snatch and a world record 194 kilogrammes in the clean and jerk. Japan's Masanori Miyamoto earned silver with 152-193-345.

Türkiye's Geng Yusuf Fehmi ranked third in the clean and jerk with 192 kilogrammes and finished fourth overall with 151-192-343. 19-year-old Delos Santos of the Philippines, a former youth and junior world champion at lighter weights, set a junior



Weeraphon Wichuma of Thailand competes during the men's 71-kilogramme competition at the 2025 IWF World Championships in Forde, Norway, 5 October 2025. PHOTO: XINHUA

world record in the clean and jerk with 185 kilogrammes, totalling 322 kilogrammes for eighth place overall.

In the women's 63-kilogramme competition, Ri Suk of

the DPRK broke the snatch world record on her third attempt and went on to establish new world marks in the clean and jerk and total with lifts of 111-142-253.

A total of 477 liftres from

87 countries and regions are competing at the World Championships in Forde. The men's 79-kilogramme competition is scheduled for 6 October. — Xinhua

Hojlund fires Napoli into Serie A lead as AC Milan held at Juve

RASMUS Hojlund struck again for Napoli with the winning goal in Sunday's 2-1 victory over struggling Genoa, a strike which alongside AC Milan drawing 0-0 at Juventus lifted the Serie A champions into top spot.

Fresh from his midweek double against Sporting Lisbon, Hojlund was on hand to score on the rebound with 15 minutes remaining as Napoli came from behind to claim three points in Naples.

The 22-year-old pounced after Andre-Frank Anguissa's powerful shot was pushed out by Genoa goalkeeper Nicola Leali, taking his club tally to four goals since moving to Napoli from Manchester United.

Napoli have 15 points from their six league matches and lead Roma, 2-1 winners at Fiorentina, on goal difference.

"It's my job and the team's job to win as many games as possible so it's just important to keep working hard, recovering and focusing on the next match," Hojlund told DAZN.

Coach Antonio Conte had been considering taking off Hojlund before the Denmark striker netted the winner, due to his midweek exertions in the Champions League. — AFP

Indonesia sense World Cup chance as Asian qualifying reaches climax



Indonesia's coach Patrick Kluivert (2R) along with his team celebrate the goal during the World Cup 2026 Asian qualifier football match between Indonesia and Bahrain at Bung Karno Stadium in Jakarta on 25 March 2025. PHOTO: AFP

WORLD Cup qualifying in Asia reaches its climax over the next week with Patrick Kluivert's Indonesia among six countries vying for two remaining spots from the region.

The football-mad nation of nearly 300 million people is on the verge of its first World Cup since gaining independence from the Dutch in 1945.

Indonesian football authorities have looked to the Netherlands to achieve it, bringing in legendary Dutch striker Kluivert as coach in January.

They have also naturalized more than a dozen players born in the Neth-

erlands but with family ties to the South-east Asian country.

It comes three years after Indonesian football was plunged into mourning when 135 people were killed in a stadium crush during a domestic game.

"The whole country needs to stand behind us," said Kluivert, the former Netherlands and Barcelona great whose side faces Iraq and Saudi Arabia in Group B.

There are two groups in this stage of Asian qualifying, each with three teams that will all face each other once.

The teams that finish top of each

group qualify for next year's showpiece in the United States, Canada and Mexico.

The 2026 World Cup has been expanded to 48 teams from 32, giving the likes of Indonesia a better chance of qualifying.

"We are doing our utmost best to perform at the highest level and prepare the players as good as possible," said Kluivert.

"Inshallah (God willing) we are ready to make the country proud of us."

Indonesia will have to do it the hard way, with Saudi Arabia staging all the games in Group B and so having home advantage.

Indonesia and Saudi Arabia meet on Wednesday in Jeddah to kickstart the action.

Kluivert, whose coaching career has never lived up to his stellar playing days, has won three of his six games in charge, losing two and drawing one.

The Saudis will be favourites to progress out of the group and are now back under French coach Herve Renard following the sacking of Italian Roberto Mancini a year ago.

Renard masterminded the Saudis' shock 2-1 win over Lionel Messi's eventual champions Argentina at the 2022 World Cup in Qatar. — AFP



Medicine Nobel to trio who identified immune system's 'security guards'

A US-JAPANESE trio on Monday won the Nobel Prize in Medicine for research into how the immune system is kept in check by identifying its "security guards", the Nobel jury said.

The discoveries by Mary E Brunkow and Fred Ramsdell of the United States and Japan's Shimon Sakaguchi have been decisive for understanding how the immune system functions and why we do not all develop serious autoimmune diseases.

Sakaguchi, a professor at the Immunology Frontier Research Centre in Osaka, told Swedish broadcaster Sveriges Radio: "It's an honour for me. I'm looking forward to visiting Stockholm in December" to receive the award in person.

The Nobel committee was however unable to reach the two US-based laureates to break the news to them in person.

"If you hear this, call me," the head of the Nobel Assembly, Thomas Perlmann, joked at the press conference announcing the winners.

The three won the prize for research that identified the immune system's "security guards", called regulatory T-cells.

Their work concerns "peripheral immune tolerance" that prevents the immune system from harming the body, and has led to a new field of research and the development of potential med-



Marie Wahren-Herlenius (R), Professor of Rheumatology at the Karolinska Institutet, stands next to a screen displaying the portraits of (L-R) Mary E Brunkow, Fred Ramsdell and Shimon Sakaguchi as she addresses journalists during a press conference to announce the winners of the 2025 Nobel Prize in Physiology or Medicine at the Karolinska Institute in Stockholm, Sweden, on 6 October 2025. **PHOTO: AFP**

ical treatments now being evaluated in clinical trials.

"The hope is to be able to treat or cure autoimmune diseases, provide more effective cancer treatments and prevent

serious complications after stem cell transplants," the jury said.

Sakaguchi made the first key discovery in 1995.

At the time, many researchers were

convinced that immune tolerance only developed due to potentially harmful immune cells being eliminated in the thymus, through a process called "central tolerance". — AFP

Trump says Russia's proposal on New START sounds like good idea

US President Donald Trump said on Sunday that Russia's initiative to extend compliance with nuclear arsenal limits under the New START Treaty by a year sounds like a good idea.

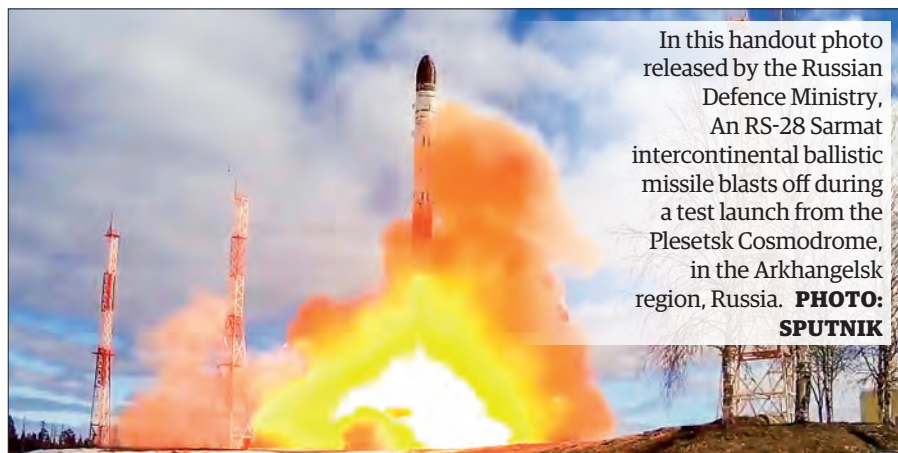
"Sounds like a good idea to me," Trump said when asked about Russian President Vladimir Putin's proposal to extend the nuclear arms treaty.

Last month, Russian President

Vladimir Putin offered to effectively extend the New START Treaty for another year.

Russia, Putin said, is willing to abide by the restrictions stipulated by the treaty but only if the United States does the same.

The New START Treaty is currently set to expire on 5 February 2026. — SPUTNIK



In this handout photo released by the Russian Defence Ministry, An RS-28 Sarmat intercontinental ballistic missile blasts off during a test launch from the Plesetsk Cosmodrome, in the Arkhangelsk region, Russia. **PHOTO: SPUTNIK**

Red Cross ready to help on Gaza hostages, detainees

THE Red Cross said Monday it stood ready to help bring hostages held in Gaza back to their families in Israel and deliver aid into the Gaza Strip.

Delegations from Hamas, Israel and the United States are due to convene in Egypt for talks on Monday aimed at ending the nearly two-year war in Gaza.

Both Hamas and Israel have responded positively to US President Donald Trump's proposal for an end to the fighting and the release of hostages in

Gaza in exchange for Palestinians held in Israeli jails.

"Our teams are ready to act as a neutral humanitarian intermediary to help bring hostages and detainees back to their families," said Mirjana Spoljaric, president of the International Committee of the Red Cross.

The ICRC insisted that humanitarian aid needed to resume "at full capacity" and be distributed safely to people wherever they were in the Gaza Strip. — AFP

France's PM resigns after less than a month in office

FRENCH Prime Minister Sebastien Lecornu resigned Monday after less than a month in office, making him the shortest-serving prime minister of France's Fifth Republic. President Emmanuel Macron accepted his resignation, the presidency said.

In a statement, Lecornu admitted the formation of his government had not gone smoothly, saying conditions "were no longer met" for him to remain in office.

His decision rattled investors, with the CAC 40 index opening two per cent lower on Monday following news of his departure.

Lecornu, appointed 27 days ago, quit a day after unveiling a cabinet lineup that was nearly identical to its predecessor and drew sharp criticism across the political spectrum. French media reported the "virtually unchanged" government was expected to face a censure motion in parliament. — Xinhua